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# New Bernal Journal

December 1997/January 1998

Serving the Bernal Heights Neighborhood of San Francisco

Volume 34 • Number 6

## A New Place to Play

by Lakenda North

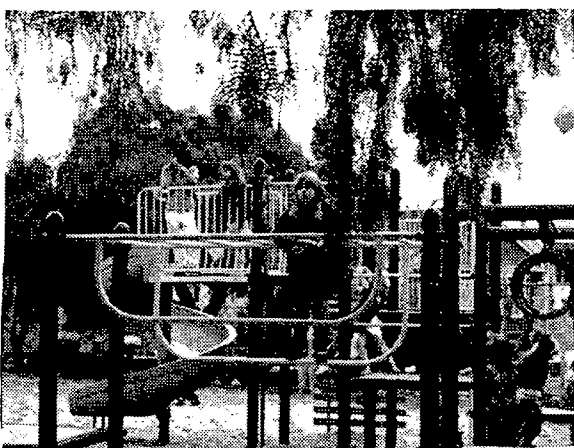
The sun broke through the clouds, shining down on children at play on, in and under the slides, swings, bridges and jungle gyms of the new Bernal Heights playground. The extensive play structure was dedicated with much deserved honors after a twelve year, stop and start struggle with the City.

"It got stuck in City Hall, but it's what we needed, a safe place for kids to play," said a smiling Mauricio Vela. He has every reason to smile. As the Executive Director of Youth Programs for the Bernal Heights Neighborhood Center, Mauricio has spent much time on the front line of the playground project team along with the Ingleside Police Department and concerned Bernal residents.



The project began in 1985, a time when many say the existing playground was a hangout for illegal activities and vagrants. Concerned neighbors, The Neighborhood Center and the police began to work together to take back the park. "This neighborhood worked with the Ingleside Police to enforce zero tolerance—no drinking in the park and no syringes," said

Head Librarian, Dorothy Coakley, led old and young children in a rendition of "If You're Happy and You Know It." Later in the day staff from the Neighborhood Center, with the help of a certain enthusiastic writer (me), dismantled decorations to give balloons to eager, young hands who were just happy to have their playground back again.



Capt. Richard Bruce of the Ingleside Police Station as he applauded the good work of Bernal residents. "That we were able to take back this playground for the community is a testament to your activism and support."

The entire dedication and ribbon-cutting ceremony event was, in fact, a testament to that community activism. To

The work of the Bernal Heights Neighborhood Center was lauded by The Board of Supervisors in a Proclamation of Congratulations presented to Mauricio Vela by a member of Supervisor Tom Ammiano's office. Mauricio accepted the honor on behalf of all Bernal Heights residents. "It's everyone here who's made this possible," said Vela. Jeff Mori, Director of the Mayor's Office of Children, Youth and Families, was

also on hand to congratulate Bernal residents and the leadership of the Bernal Neighborhood Center. According to Mori "very few communities get a project of this magnitude completed in 10 years."

But no matter the awards and praise, the glory of this day belongs to the children and their parents. Mark Dziga, 6,

open the ceremony, Fr. Martin of St. Kevin's, the local parish church, offered a prayer to "bless and protect" those who play in the park. Parents brought lasagna, pasta salad, cakes, cookies and even a turkey to commemorate the occasion, while the

Bernal Heights Branch

was happiest running up the new twisting slide. Rae Clarence, 2-1/2, found all the fun he could handle playing in the sand. But according to Paula Hewitson and Deena Zacharin the playground isn't just for the kids. "It's a place where parents come to



support each other with their everyday struggles." Apparently while Deena's daughter Heather and the other kids are playing, parents swap tips on child rearing and stress relieving mixed with some good old fashion sympathy and understanding.

So, in the vein of community helping community, here's a helpful hint from David Sotomayor, long time Bernal resident and father of two. After play time when you know it's just about time to go home, but the kids are all wound up and don't want to go home, take the kids to the library. You can read them a story or two to help wind both you and the kids down before going home.

Bernal Heights, the community with now even more places to play.

November 8th

## Great Sweep, Great Success!

by Mauricio Vela

The Bernal Heights and Outer Mission Great Sweep efforts were very successful in the first city-wide clean-up. According to Marianne Conarroe, Captain of District #1 (which included the Cayuga/Excelsior/Portola/Visitation Valley), an estimated 75-100 neighbors turned out—especially around the San Bruno Avenue area.

Mayor Brown organized the Saturday city-wide sweep, dividing neighborhoods into districts and calling on city employees to coordinate each districts. City departments and agencies using city funds were encouraged to recruit employees and volunteers to participate in the first San Francisco-wide street sweep. Neighbors turned out with brooms and gloves in hand.

Jeff Mori, the Captain of District #3 (which included Bernal Heights), was ecstatic with the turn out of approximately 175 volunteers between the ages of 6 and 60. Our local Girl Scout troop as well as participants of the Mayor's Youth Employment and Education Program (MYEEP) came out along with many Bernal neighbors and families including Supervisors Ammiano and Katz. Each troop member received Great Sweep t-shirts from the Mayor and the MYEEP participants had the opportunity to interact with the Fire Chief at the Holly Park fire house.

Mori announced "the Mayor was elated by everything he saw throughout the city." Captain Bruce of the Ingleside Police Station was also pleased with the turn out but noted other areas could have used increased participation.

It was a great community event with young and old working side by side. Bernal's next sweep will include a picnic so neighbors from the three Bernal subdistricts can come together to celebrate a hard days work. The second great sweep is planned for sometime in the Spring.

Thank you to all the neighbors who came out and lent a hand.

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What's in Union Square that isn't here on Cortland Ave? Shop Bernal Heights for a Happy Hilltop Holiday!!

Happy Holidays, from all of us at NBJ & BHNC

## Bernal Public Schools Pt. 1 by Lakenda North

Recently the San Francisco Examiner ran an article discussing Bill Rojas' proposed reforms for the selection process in San Francisco's public school.

Parents were up in arms, because their children would find it harder to get into the "alternative" public schools. According to the San Francisco Examiner these schools are "said to have higher test scores because of stronger parental loyalty and enthusiasm."

If parental and community involvement make the schools, then why aren't more Bernal Heights parents sending their kids to Bernal Heights public schools?

I will be exploring this issue in the February and April issues of the New Bernal Journal. How had an "Involved Community" (pg. 3) become the proverbial ostrich in the sand?

Thus far, I've only encountered concerned parents, attentive teachers, enthusiastic principles and happy children. Students from Leonard Flynn's 4th grade

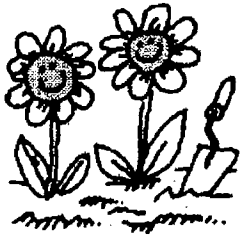
computer class shared their views. "I am thankful for the teachers at Flynn who help me be smart and let me be somebody in my life. I like all the teachers because they set a good example and they help me be what I want for my future." Janudine Tran goes on to say "I thank my mom for letting me go to this school and have a good education and friends."

Daida, also in Ms. Volpe's class says, "I am thankful for my school because we have knowledge and that is power. We have school so we can learn."



## Bernal Heights: An Involved Community

by Cpt. Richard J. Bruce



Over the past seven months I have had the pleasure of dealing with numerous Bernal Heights residents and have found them to be concerned, professional and knowledgeable. I attend neighborhood functions and meetings in the Ingleside Police District several nights each week and have actually recommended to several of these groups they become *more like Bernal Heights*. I fully realize that this admonition sounds a bit condescending, so I always caution people that I don't intend it that way. But I fully believe that the community activism that has been so successful in gaining city services for the Bernal Heights area needs to be replicated elsewhere.

Three Saturdays ago, I spent the morning visiting the various "broom brigades" participating in the Great City Sweep throughout the district. I found that those teams which originated in Bernal Heights were the most numerous, the most organized and, ultimately, the most successful of all the teams functioning in the Ingleside District. This past Saturday, I was present at the ribbon-cutting ceremony for the new playground equipment installed behind the Bernal Heights library on Courtland Avenue. Once again, it was the commitment and dedication of numerous Bernal residents and service providers who literally spent years working on this project that eventually led to the project's successful completion.

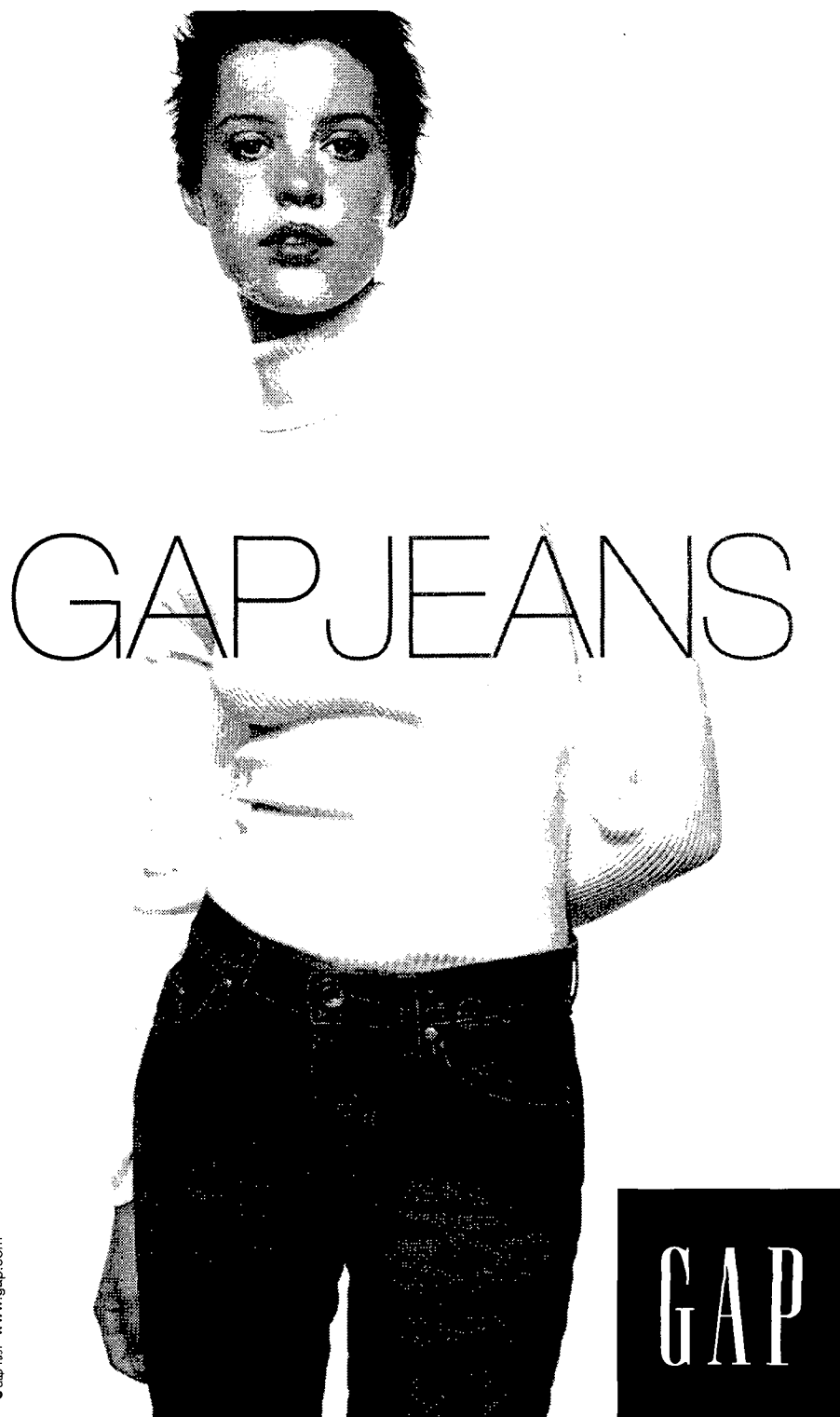
Another Unique aspect of Bernal Heights is the presence of Joe Porcoro, the only man I've ever met who hates graffiti as much as I do. His single-handed efforts are the sole reason that every square inch of property in our district isn't covered with these annoying, destructive eyesores. Thanks to his efforts and the efforts of my officers we have now been assigned 18 convicted juvenile graffiti vandals for 900 hours of community service in the Ingleside District. These 18 young men will each be spending their weekends painting over the mess that they created in *your neighborhood*.

I look forward to a long and healthy relationship with the residents of Bernal Heights and trust that working together, we will make great strides toward improving the quality of life in this great neighborhood.

### Want to Be the Great American Writer?

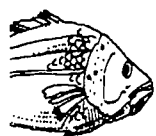
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1997

## Fiesta on the Hill Bernal's Best Yet

by *Mauricio Vela -  
Fiesta '97 Coordinator*

Fiesta On The Hill '97 was a success before the actual event took place. The entertainment line up was exciting, booth space was sold out, and publicity had been the best ever. After the urging of the of the Cortland Merchants to move Fiesta to Sunday, the Fiesta committee began the yearly process of putting on one of the most inclusive, fun, and free, family events in San Francisco.

Avance, the 1996 Bammie award winner, headlined the entertainment, in addition to Johnny Nitro, Thunder Blue, Escola Nova de Samba, the Junipero Serra elementary school dancers and many other performers. By moving the childrens area in front of St. Kevin's church, families had a fabulous time having their children play with pigs, sheep, lambs, roosters, and other farm animals while listening to the So. American band Quitus. Although the weather wasn't the greatest, hundreds of neighbors and friends line the streets to purchase foods and crafts from the numerous vendors and play games of chance organized by BHNC senior and youth programs.

We would once again like to thank everyone who helped make Fiesta '97 a great success including our '97 Fiesta Committee Art Armstrong, Carol & Richard Bee, Kate Boskoff, Estella Egar, Demece



program. A very special thanks to the MILESTONES project who without their army of volunteers on the day of show safety would be reduced. And a special thanks to all of the volunteers and contributors listed here. Without your support Fiesta could not have taken place.

Steve & Sue  
Marta  
Walter  
Jennifer  
Bubby  
Joseph  
Freedy Mendez  
Barry  
Galena Armstrong  
Richard & Carol Bee  
JoAnn Berber- Herrera  
Michael Bolen  
Wolf Bostadt  
Peter Carlson  
Patricia Casem  
Marco Garcia  
Diane D'Angelo  
Gina & Gloria DeBerry  
Julie DeCaromond  
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Alejandro Nieto  
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Siobhan  
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Doreen  
La Shonda  
Jose Barcelo  
Lisa Amoroso  
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Fay Farrar

Kate Boskoff  
John Burciaga  
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Julia Yim  
Emily Glaser

Betty Srianio  
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Carole Glode  
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Sarah Larsen  
Mary Lewis  
Sharon Li  
Wendy Mairs  
Martha Stein  
Linda Neal  
John Parlo  
Hector Nieto  
Jean Pascual  
Grace Pine



Garepis, Helen Helfer, Alice Gilbeaux, **Paul Revere School Principle, Randy Hayes, plays the good sport at the dunking booth.**

David Rogers, Desu Sorro, Martha Purdy Stein, Mauricio Vela, and Mary Ann Walowic A grateful thanks goes to our corporate sponsors: Bank of America, Eller Media, Farmer's Insurance Group, Neighborhoods In Transition - A Multi-Cultural Partnership (NIT-AMP), Pacific, Gas, & Electric Co., and Wells Fargo. A special thanks goes to Captain Bruce and officers of the Ingleside Police Station, Tom Fowler, Brickley Production Services, KK Graphics, Grocery Outlet, Mary Kay Mitchell Graphic Design, Old Navy/Gap Inc., Pizza Express, Stink Fish Action Wear, Solon Sign Co. Walgreens Drug Store (3398 Mission St.). HANC, and the Sheriff's Dept. SWAP



**BHNC Senior Program participant Victor Tulier monkeys around. (Fiesta Attendees can purchase their funny photos too!)**

**Top: Escola Nova de Samba brought out the Brazilian rhythms to fire up the Fiesta with some South American samba.**



**Animals and children mingle at the petting zoo. From the looks of things, it was a big hit for both!**



**A wide variety of arts & crafts from around the world were available at Fiesta, adding to the festive atmosphere.**

Demece Garepis  
Emmanuel Gousse  
Beulah Heagren  
Douglas Holloway  
Hope Kamimoto  
Carol Kesich Blecker  
Peter Leaf Kleinert  
Matthew Kreiger  
William Rumpf  
Richard Morgenstein  
Elizabeth Naidoff  
Corazon Pascua  
Angela & Kim Porter  
Mildred Rivera  
Koetha Salazar

Robert Meisel  
Julian Navarro  
Willa Owings  
Sumi Hoshiko  
Barbara Peck  
Bruno Rocha  
Millie Phillips  
David Shaw  
Rachel Slater  
Lian Tan  
Elaine Stoller  
Carol Snow  
Julia Riddell  
Victor Tulier

Francisca Orais  
Martha Purdy Stein  
Royce Schumacher  
Jacqueline Day  
Elizabeth Egger  
Kathryn Erickson  
Robin Snyderman  
Jovanka Solorzano  
Deborah Townsend  
Alison Moed Paolercio  
Jill Pennington  
James O'Malley  
Caren Shagley  
William Villera  
Florence Tabora

Christina Vela  
Joost Van Son  
Robert Weiner  
Lynne Eggers  
Carol Gadas  
Gus Hidalgo  
Florence Tabora  
Peter P. Van Kooy  
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Fely Socias  
Desu Sorro  
Carmine Vigil

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## BHNC Says Goodbye to One of It's Own



After ten years of devoted service  
as the Senior Services Program Director at  
the Bernal Heights Neighborhood Center,  
Vicki Victoria is leaving. She will now lead  
Meals on Wheels of Solano County as their  
Executive Director.

During her tenure with the Senior  
Program, Vicki has implemented a number  
of projects and activities that enriched the  
lives of many Neighborhood Center Senior  
Program participants. Projects like the  
Brown Bag Program through the San  
Francisco Food Bank, the Hillside Garage  
Sale, dinner parties and senior group  
outings were instigated, organized and  
successfully completed under her guidance.

Vicki had also been leading the  
fight for pedestrian safety for seniors on  
Courtland Avenue. Since two Senior  
Services participants had been struck by  
automobiles while crossing Courtland  
within the last year, she has been in contact  
with the Department of Public Works to get  
larger and more frequent traffic signs along  
Courtland Avenue.

The Neighborhood Center and  
Bernal Seniors offer their thanks, admiration  
and support to Vicki Victoria and wish her  
all the best for the future. Many of the  
Bernal Seniors share their own farewell  
messages. These heartfelt words of thanks  
come from the very seniors Vicki served. a

"You're the best leader we had. Hope you  
will be successful in the future. We'll miss  
you so much." Cecelia Garfil

"You came to us with stars in your eyes. We  
watched you grow from a girl to a lovely  
woman to a beautiful, caring mother. I shall  
miss you." Vivian DeCourtsey

"Thank you for the service you did for us  
senior citizens. A job well done."  
Joseph Anthony Bernal

"Vicki, I appreciate everything you did for  
us. You were nice to us all. Hope you have a  
lot of luck in your new job."

Olga Pelligrini



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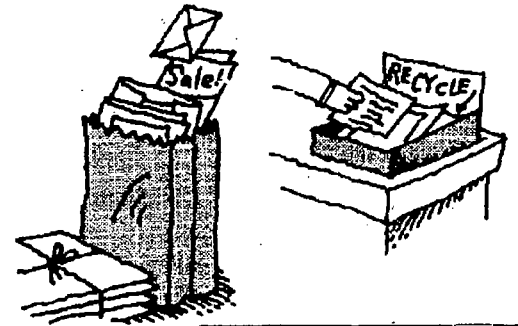
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## Bernal Classified: (continued)

**Do you have an information about a mugging/assault** that happened Wed., Nov. 26th at approximately 10:30pm at Courtland and Anderson in front of Bell Cleaners? The suspect was an African-American male, late teens/early 20s wearing a

longish black quilted coat. After assault suspect got into a waiting car—large, older American model. Any info, please contact Ingleside Precinct at 553-1603. Refer to case #971601135.

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**FISCAL MANAGER NEEDED** for Bernal Heights Neighborhood Center, a multi-faceted organization which provides programs for seniors and at-risk youth, community organizing and affordable housing for low income families and individuals. The Fiscal Manager reports directly to the Executive Director and supervises the Bookkeeper. Desirable **QUALIFICATIONS** include thorough knowledge of fund accounting, preferably with MAS 90 Software, Excel spreadsheet skills, OMB A-133 financial audit requirements. Able to create, revise and monitor budgets, generate financial reports to a variety of sources, manage and inspire staff and keep a sense of humor while doing it! TO APPLY send resume and cover letter to: Executive Director, BHNC, 515 Courtland Avenue, San Francisco, CA 94110 or fax to (415) 648-0793.

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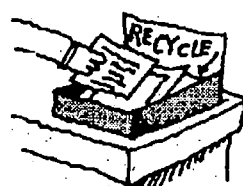
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## Traffic Calming Groups Take Action

by Demece Garepis

In early November, the Precita Action Committee protested the dangerous traffic conditions along Precita Street. On the steps of St. Anthony's Church, Bill Shields, Coordinator of the Precita Action Committee, and 50 neighbors led city officials down congested Precita.

Bond Yee, head of Traffic Engineering, Bevan Duffy of the Mayor's office, aides from Supervisors Yee and and Maher's offices, as well as Officer John Mulhern from Ingleside Police Station saw for themselves the speeding trucks and cars taking Precita as a short cut to Mission Street. Over half the trucks and cars did not stop at the stop sign at Precita and Folsom or at Precita and Coso.

Families spoke to the city officials telling them of parked cars outside of their homes rammed and children almost being hit by speeding vehicles. Sister John Ellen pleaded with city officials to do something before a tragedy occurs.

Traffic studies have shown that more than 2300 cars use Precita daily. Recent studies further reported that 20% of all cars on Precita speed and fail to obey the posted stop signs.

Officials are now considering how to develop an area-wide traffic plan, using further studies to incorporate new ideas for traffic calming, like low impact humps and other techniques to promote a safer neighborhood.

The Bernal Heights Neighborhood Center hosted two Traffic Calming forums in November with the Mayor's office and the Department of Traffic Engineering. Local neighborhood groups working as the Area-Wide Traffic Planning Committee, comprised of the North West Bernal Alliance, Precita Action Committee, Precita Valley Neighbors, Bernal Heights Neighborhood Center Seniors and others continue to push for a solution. Join your neighbors to develop an area-wide plan on December 10th. For information on meeting time and place, please contact Bill Shields at 826-8329.

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## BERNAL HILLTOP NATURAL HISTORY: The Bernal Hilltop Native Grassland Restoration

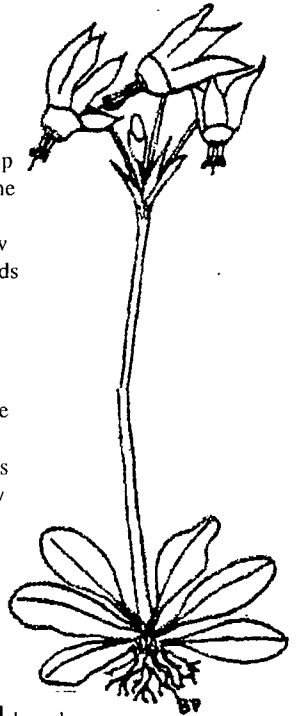
by Barbara M. Pitschel

For the information of new neighbors on the hill and to refresh the memories of oldtimers who have more recently become involved in environmental issues, I will take advantage of the brief winter hiatus in our flowering calendar to review the history of ecological preservation and restoration efforts on the hilltop.

During my daily walks on the hill in the late 1960s, I began to learn the flora and to record my observations of plant populations and blooming seasons. Around 1970, my husband Roland and I became involved in efforts to transfer hilltop land from ownership by the Department of Public Works to the more protected status offered by the Recreation and Park Department. The

native vegetation.

Bernal Hilltop is home to one of the relatively few remnant stands of local original vegetation. It is a native coastal prairie or grassland, whose flora is dominated by clumping perennial



bunchgrasses interspersed with spring wildflowers, mostly perennial, some annual, and bulbs. The city's land has been so densely covered with construction that nearly the only natural places left are hilltops and slopes that were too steep to build on. Bernal's existing native flora includes about 10 species of native grasses and more than 60 other native plants. Bernal is the type locality (original place of discovery and naming) of one of our shooting stars, *Dodecatheon*

*clevelandii* ssp. *patulum*. In addition to a fine native flora, Bernal provides habitat for birds, reptiles, insects, and other native fauna. But it is not a pristine natural area. Native plants are threatened by encroaching introduced weedy species that have become established and run rampant without the normal checks and balances they would encounter in their original ecosystems.

Since the beginning, I had dreamed of improving prospects for the survival and enhancement of our native flora, but I was reluctant to risk doing something counterproductive because of my lack of understanding of the ecological processes that were operating. In 1986 we had the good fortune of receiving help from Rick Clinebell, who was a Bernal resident and a plant ecologist, in setting up a restoration test area at the east end of the hill, a site so badly deteriorated that anything we did would be an improvement. We propagated and reintroduced natives from Bernal seed and Rick monitored our successes and failures. This was the beginning of the

Recreation and Park Commission agreed to the transfer in August 1972 and final approval came from the Board of Supervisors in April 1973. Terms of the transfer included the following conditions: the hilltop was to remain, as nearly as possible, a natural area; any changes were to be directed toward restoring a natural condition resembling what existed prior to 1825; any restoration planting was to be done with plants native to the San Francisco Bay Area. This was an enlightened suite of conditions for a plan drawn up 25 years ago, considerably prior to the emergence of the habitat restoration movement!

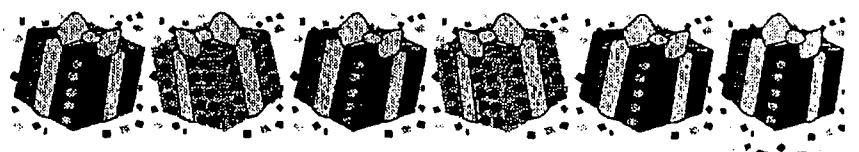
Around that time, Roland and I began holding hilltop work parties on the third Sunday of every month, a practice that has continued ever since. Early work days were primarily hill cleanups, focused on the removal of trash, which was much more prevalent on the hilltop than it is today. We gradually added eradication of invasive exotic weeds to our agenda, especially when they were encroaching on a pristine stand of

## After a Long Stretch Without

by Kathleen Eberly

That kiss is one sweet patch of fog in the midst of a hot and stifling summer night, an anecdote to my skin as I lay down and touch the water.

Not blue but clear in all it's ambiguity clear as this field surrounding me clear as these waves rippling in and flocks of birds with tiny feet running into white surf clear as the sand dollars collecting their delicate selves washed up on a beach they do not recognize but call home.



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## Bernal Heights Recreation Center

It's cold. It's winter. Are you bored and looking for something to do? The San Francisco Recreation and Park Department sponsored Bernal Heights Recreation Center has plenty for you to do! Check out this listing of activities, join a team or just stop in for a game of ping pong. It's a great way to add some fun to your day!

### MONDAY

2:45pm-4:30pm Swimming  
4:30pm-5:30pm Teen Weight Training

### TUESDAY

10:00am-1:00pm Open Gym/Adult Group  
1:00pm-2:00pm Senior Weight Training\*  
4:30pm-5:45pm St. Paul Volleyball Practice  
5:45pm-7:15pm Rhythm & Motion/Adults  
7:15pm-8:45pm Women's Basketball/Volleyball

### WEDNESDAY

10:00am-1:00pm Open Gym/Adult Group  
1:00pm-3:00pm Adult Men's Basketball  
6:00pm-7:00pm Women's Weight Training  
7:15pm-8:45pm Women's Basketball

### THURSDAY

10:00am-11:30am PeeWee Crafts  
2:45pm-4:30pm Swimming  
4:45pm-6:00pm Youth/Teen Cooking  
6:15pm-7:30pm Teen Club  
5:45pm-7:15pm Rhythm & Motion/Adults  
7:15pm-8:45pm Adult Volleyball

### FRIDAY

10:00am-11:30am Kid's Gym  
1:00pm-3:00pm FACILITY CLOSED\*\*  
6:00pm-11:00pm Friday Nite Fun (14-18)

### SATURDAY

9:00am-10:30am Rhythm & Motion/Adults  
11:00am-Noon Drop-in Arts & Crafts  
11:00am-5:00pm Open Gym  
2:00pm-3:00pm Youth/Teen Sports (8-18)

### HOURS of OPERATION

Monday 12noon-9:00pm  
Tuesday-Friday 9:00am-9:00pm  
Saturday 9:00am-5:00pm  
Sunday FACILITY CLOSED

### SEASONAL SPORTS SCHEDULE

(say that 5 times fast!)

Football	September-November
Basketball	November-February
Baseball	March-August

\* Senior Weight Training is for adults 45 and older.

\*\*Staff Inservice Meeting. All facilities are closed to public.

### FOR MORE INFORMATION:

Call 415/695-5007 or visit our web site at <http://www.ci.sf.ca.us/recpark>



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## What's Going on with Bernal Dwellings?

by Demece Garepis

Over two years ago, Bernal Dwellings tenants were "relocated" out of their homes at Cesar Chavez between Harrison and Folsom. Yet no new public housing has been built. What's going on with this multi-million dollar HOPE VI project, which has a significant component for social services? What services do the tenants want to ensure the project's success?

Come hear from Ronnie Davis, Director of the San Francisco Housing Authority, on these questions and many more. Join the Bernal Dwellings tenants, local actions groups, churches and schools on getting real answers to project timelines and social services.

Come support Bernal Neighborhood Center's bid to develop this project and provide needed social services to assist in the transition to self-sufficiency, as required under the new Welfare reforms.

Come to the Bernal Dwellings Forum Tuesday, December 9th at 7:00pm at St. Anthony's Parish Hall (entrance on Shotwell near Precita). Bilingual and childcare services will be provided. Remember, your voice counts!

## Are you an Artist?

Would you like to share your work with the world?

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Send your submissions (in camera ready form please)

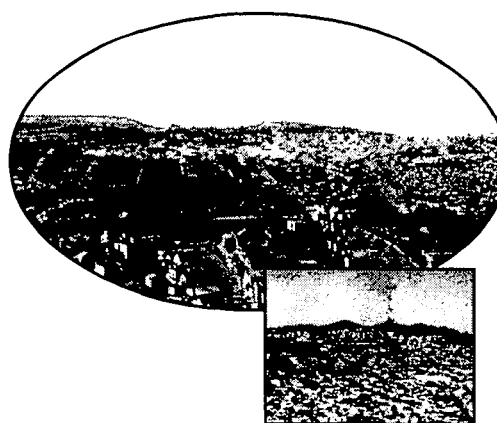
## New Bernal Journal

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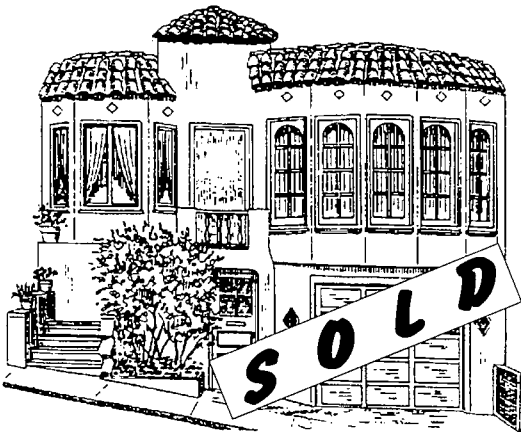


**CONGRATULATIONS!!!!**

1997

Bernal Heights Recreation Center Flag Football 13 and Under Team!!  
Winners of the Runner-Up Trophies in City-Wide Division Finals

## Make Your Move in Bernal Heights!



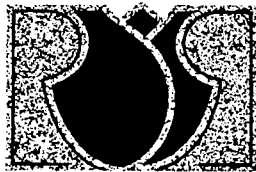
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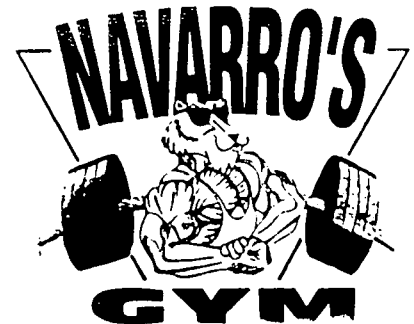
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Botanist

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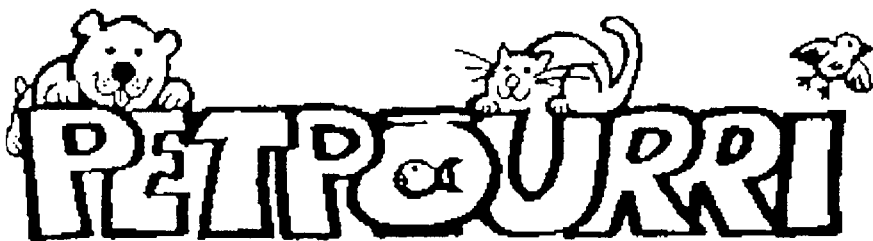
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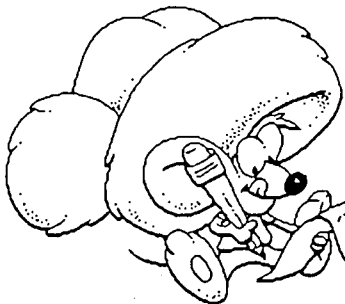


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## Re-Creating the Holly, Jolly Holidays

by Lakenda North

During past holiday seasons I have worried about finding perfect presents that won't end up in the back of the closet or the return shelf at Macy's. I've worried about how much debt I've accumulated by January. I've worried whether my gift wrapping was actually unique or artistically-challenged. In the end, my holiday perfection usually leads to an increased Malox dependency, garbage bags full of gift wrap scraps, balls of used tape and reams of paper with a dozen and one scratched over lists. Is this what Christmas is all about?

I don't think the meaning of Christmas is to try and out-do everyone else's presents so your friends and family know how much you love them. I think giving is in the meaning of the season, but this Tickle-Me-Elmo-Gotta-Buy-It, crass, consumerism has gone way over the top. If giving is the meaning of the season I'm going to give less and give well. If your heart and not guilt is the reason behind the gift, the price tag isn't important.

So this year I'm establishing a set of rules that will govern my Christmas Consumerism. I will create a Christmas of joy, family, light and song that will transcend the Union Square shopping stomp. I'm recreating Christmas for myself, my family, my community, my planet and my future.

**I will buy gifts that are good for the environment.** I will create gift baskets of all natural beauty products (Good Life Grocery), cloth napkins, gardening tools and seeds and products made from recycled materials (Bernal Beast). Not only will I encourage environmentally-friendly behavior, but the practical gifts will come in reusable baskets instead of cardboard boxes that go straight to the trash.

**I will bring reusable, canvas shopping bags for my gathering expeditions.** Not only will I have less shopping bags to throw away, but I'll be far more comfortable walking with a shoulder-strapped canvas tote or back-pack than the usual mass of irregular sized, hand-held bags from the stores.

**I will make many Christmas presents.** This will add a personal touch to presents (and my wallet) especially if they're gift baskets of cookies and cakes.

**I will donate clothing, coats, toys and money to those who need my help.** By cleaning out my closet, attic and garage I can give what I take for granted to someone who won't.

**I will buy a live tree this year.** After the season, I can plant it and know I've given something back to the earth which has nourished me all year.

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### HELP!

**Bernal Heights Neighborhood Center** was successful in securing a grant to network our current computer system. BUT we also need newer computers to make it work for everyone!

If any neighbor has any MAC System 7 or better, please let us know by calling our Office Manager Stella Egar at 206-2140. Thank you in advance for your helping us to serve our community better!

## CALENDAR OF EVENTS

### DECEMBER

**9 6:00-7:45pm**

Join acting City Librarian Regina Menduri and library staff for a slide show and discussion on the process of book and material selection.

**9 7pm**

Join Bernal Heights community members, Ronnie Davis of SF Housing and others for the Bernal Dwellings Forum. St. Anthony's Parish Hall. More info 641-0507.

**9 9:00am**

Read-Aloud Day at Leonard Flynn Elementary. Parents, friends and neighbors come read aloud to our children and help them on a path to success!

**10 6:30pm**

Paul Revere Elementary Welcomes Parents! Open House starting at 6:30pm. Kindergarten teachers available for questions.

Tours are normally given on Thursdays between 8:30am-9:30am. Call for more information 695-5656.

**10 7-9pm**

Join representatives from Municipality of San Francisco, the Art Commission and Bernal Heights residents for a discussion on possible art enrichment projects related to the bus bulb sidewalk extensions to be constructed on Mission between Courtland and Precita.

Bernal Heights Library,  
500 Courtland Avenue

**11 2-4:00pm**

Jewish Family & Children Services hosts Café by the Bay, a weekly social gathering of Holocaust survivors, at The Sequoias-SF, 1400 Geary Street. This week: Joel Ben Izzy, Travelling Storyteller.

**13-14 10am-5pm**

Four importers offer their wares at importer direct prices in a special holiday event! Products from Nepal, Greece, Guatemala, India, Sri Lanka, El Salvador, Bulgaria, Bolivia, Afghanistan. Ramona Enterprises, Inc., 80 Apparel Way (2 blks. behind Goodman's Lumber). 695-0200.

**18 2-4:00pm**

Chanukah Party hosted by Jewish Family & Children Services' Café by the Bay, a weekly social gathering of Holocaust survivors, at The Sequoias-SF, 1400 Geary Street.

**20-21 10am-5pm**

Four importers offer their wares at importer direct prices in a special holiday event! Ramona Enterprises, Inc., 80 Apparel Way (2 blks. behind Goodman's Lumber). 695-0200.

**27 9pm-2am**

The sounds of Som Tribal, Brazilian percussion ensemble, fire up Bahia Cabana for a post-Christmas Samba jam! (Bernal Heights' own Bobby Wallace helps keep the rhythm going!) 1600 Market Street. 861-4202

### JANUARY

**6 7:30pm-9:30pm**

SF SPCA offers a pet loss support group led by Dr. Betty Carmack at the SPCA Educational Center at 243 Alabama. For more information call 554-3050.

**16 7pm-9pm**

B'n'B Square Dance Club offers beginners lessons at Ebenezer Lutheran Church, 678 Portola Drive (across from Tower Market). First 3 Fridays are free! 566-3563 or 681-4843

**17 554-3000**

Register for Cat Behavior Class at the SF/SPCA. Professional Feline Behaviorist Kate Gamble leads the informative 3-hr. workshop.

**22 8:00am**

Join 49ers football legend Ronnie Lott for the 22nd Annual SF Zoo Run! Experienced runners participate in the 7-mile run along the Great Highway and, of course, past the exotic animals of the Zoo. \$20. 753-7165

### SOMETHING BERNAL RESIDENTS SHOULD KNOW?

Send  
Calendar items to:

New Bernal  
Journal

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<b>Duncan Hines</b> Cakes Mixes Moist Deluxe  18.5g  <b>\$1.29</b>	<b>Lancers</b> Apple Juice  64oz.  <b>\$1.99</b>	<b>Western Family</b> 8/3lbs. Fire Logs  Pressed Wood  <b>Box \$2.99</b>	<b>Mediterrania</b> Gourmet Pasta Sauce  All Flavors  <b>\$2.29</b>	<b>Orchids</b> Coconut Milk  14 oz.  <b>89¢</b>	<b>Western Family</b> Pineapple Sliced or Crushed 20 oz  <b>99¢</b>																		
<b>Nunn</b> Pure Fuji/Granny Smith Apple Juice  44 oz.  <b>\$1.99</b>	<b>Western Family</b> Toasted Oats with Apple & Cinnamon Cereal 15 oz.  <b>\$2.69</b>	<b>Western Family</b> Hot Cocoa Mix Instant  10 oz.  <b>\$1.29</b>	<b>Western Family</b> Evaporated Canned Milk  12 oz.  <b>79¢</b>	<b>Western Family</b> Coffee Filters  200 count  <b>\$1.29</b>	<b>Murray</b> Hits Snack Crackers or Vanilla Wafers  11 oz.  <b>\$1.49</b>																		
<b>Scotch</b> Transparent Tape  <b>69¢</b>	<b>Western Family</b> Kitchen Cellulose Sponges 4 pk.  <b>99¢</b>	<b>Kellogg's</b> Dazzle Rice Krispie Cereal  13.5g  <b>\$3.99</b>	<b>Western Family</b> Brown Chicken/Turkey, Country Gravy Mix  <b>2 for 99¢</b>	<b>LIQUOR/ BEER/ WINE</b>  <table><tr><td>Korbel Champagne</td><td>750m</td><td>9.98</td></tr><tr><td>Cooks Champagne</td><td>750m</td><td>4.99</td></tr><tr><td>Glen Ellen Wine</td><td></td><td></td></tr><tr><td>Red or White</td><td>750m</td><td>4.99</td></tr><tr><td>Red or White</td><td>1.5m</td><td>8.99</td></tr><tr><td>M.G. Vallejo Semillion</td><td></td><td></td></tr></table>		Korbel Champagne	750m	9.98	Cooks Champagne	750m	4.99	Glen Ellen Wine			Red or White	750m	4.99	Red or White	1.5m	8.99	M.G. Vallejo Semillion		
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• FRUITS AND VEGETABLES • FRUITS AND VEGETABLES •			
Potatoes #10  \$1.29	Lemons  5 for \$1.00	Red Onions  3lbs.for \$1.00	Yellow Onions  3lbs.for \$1.00
JUMBO Yams 4lbs.for \$1.00	Oranges 4lbs.for \$1.00	Fresh Vegetables available daily!	Bananas 3lbs.for \$1.00

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THROUGHOUT THE  
STORE!

• MEATS • MEATS • MEATS • MEATS • MEATS • MEATS • MEATS • MEATS • MEATS •					
Ground Chuck Family Pack \$1.19 lb.	Sirloin Tip & NY Steaks \$3.19 lb.	Western Family Bacon 12 oz. \$2.49 pk.	Baby Beef Liver 99¢ lb.	Cross Rib Roast \$2.49 lb.	Lean Ground Sirloin Family Pack \$2.69 lb.
Our Own Pork Sausages Hot or Mild \$1.99 lb.	Pork Neck Bones 69¢ lb.	Pig Feet 69¢ lb.			